

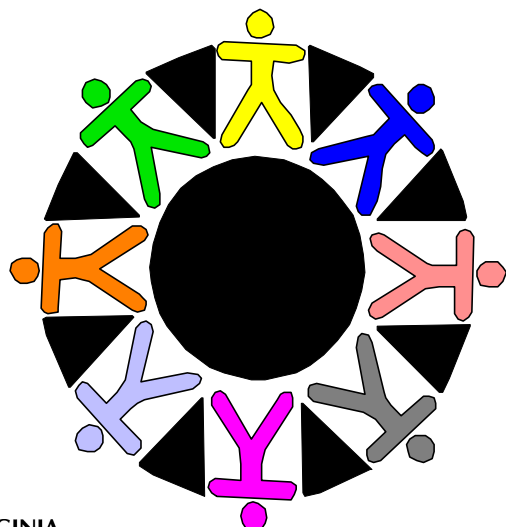
Health Profile 2005

Sussex County, Virginia



Crater Health District

Helping Build
Healthy Communities



Health Profile 2005 – Sussex County, Virginia

A Report on Community Health Indicators for The Calendar Years 1996-2003

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Sources

Hospital Discharge Data and Information
Virginia Health Information, Inc. (VHI)

Birth and Mortality Data and Information
Virginia Center for Health Statistics

HIV /AIDS, and other STDs Data
Division of HIV/STD
Virginia Department of Health

Population Data
U.S. Census Bureau

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An important note regarding rates

Many of the reported occurrences for each locality are less than 20. Because rates based on numbers this size can create a false impression, the Centers for Disease Control and Prevention recommend not calculating incidence rates for fewer than 20 occurrences. To ensure a better understanding of this information, the raw numbers for each locality should be considered.

Population Profile

Demographics	Sussex	Virginia
2003 Total Population	11,956	7,364,600
Male	57.5%	49.0%
Female	42.5%	51.0%
Race		
Black	62.1%	19.6%
White	36.4%	72.3%
Hispanic	.8%	4.7%
Other	.7%	3.4%
Age		
Median Age	37.6 years	35.7years
65 years and over	13.4%	11.2%

*Estimated population- Weldon Cooper Center, University of Virginia

Economics	Sussex	Virginia
Median Family Income	\$36,739	\$54,169
Percent of Families Below Poverty Level	12.8%	7.0%
Unemployment Rate*	6.9%	3.8%

In 2000, Sussex County had the 6th highest median family income in the district and the 2nd highest percentage of families living below the poverty level. The county also had the lowest percentage of high school graduates in the district.

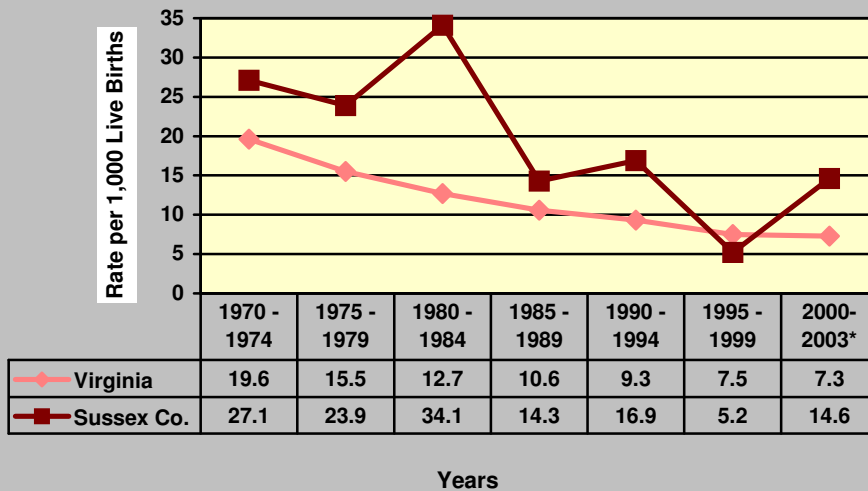
*June 2005, Virginia Employment Commission

Education (population 25 years and older)	Sussex	Virginia
Less than 9th Grade	16.5%	7.2%
High School Graduate (includes equivalency) or Higher	57.6%	81.5%
Bachelor's Degree or Higher	10.0%	29.5%

Education and income levels are often related to the health of communities. Overall, the less education a person has, the less likely they are to seek medical care and to make healthy lifestyle choices.

Infant Mortality

**Five-Year Infant Mortality Rates (Under One Year of Age),
Per 1,000 Live Births, Sussex County, Virginia
1970 - 2003**



After peaking in the early 1980's, Sussex County's infant death rate declined significantly over the next 15 years.

The U.S. infant death rate in 2001 (the most recent year for which national data is available) was 6.9 per 1,000 live births.

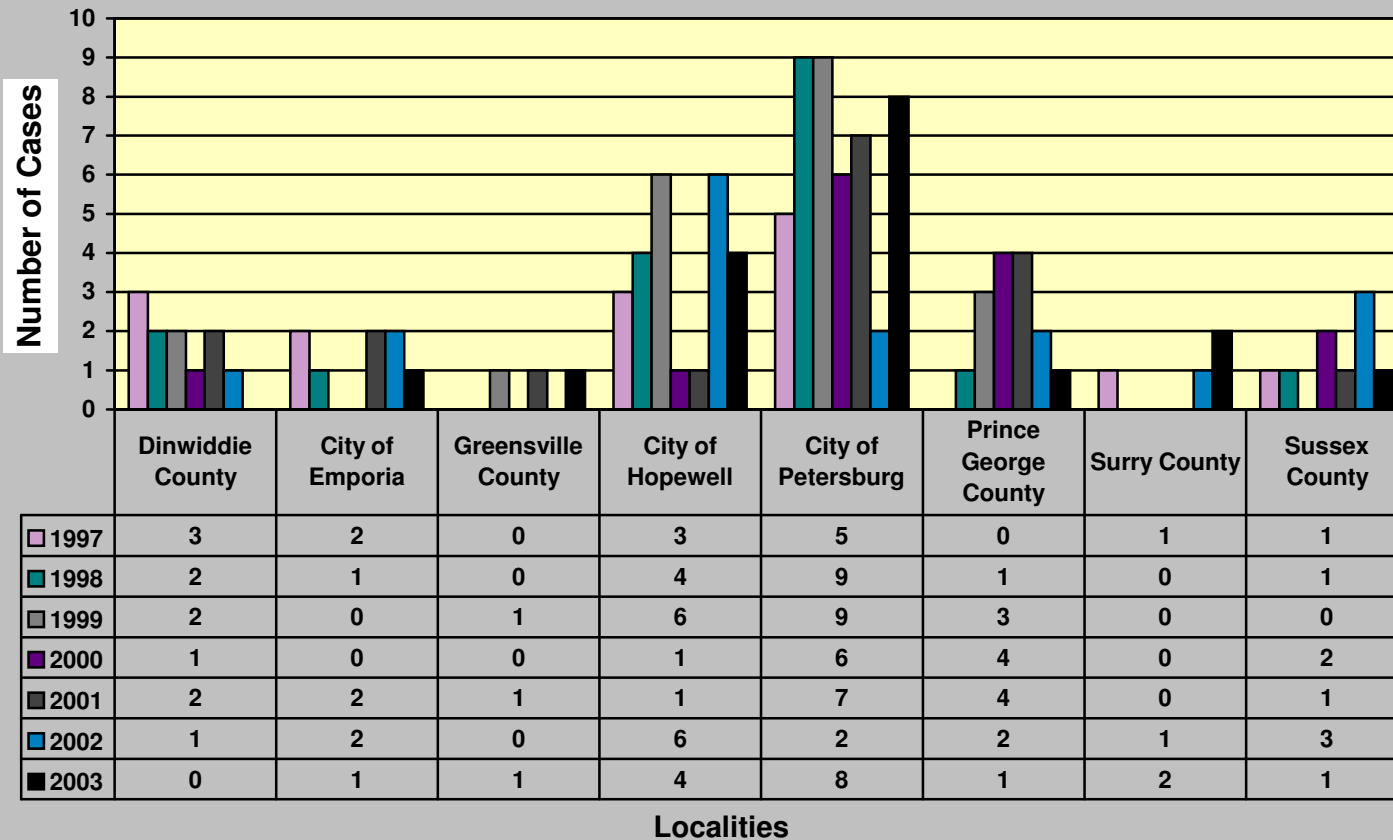
*4 year period

Infant Mortality - Year 2003 - Ranked by Rates- Highest to Lowest

Locality	Cases	Rate / 1,000 Live Births
Surry County	2	28.2
Emporia	1	16.4
Petersburg	8	14.7
Hopewell	4	11.8
Sussex County	1	8.8
Greensville County	1	7.9
Prince George County	1	2.6
Dinwiddie County	0	0.0
Crater Health District	18	9.6
Virginia	766	7.6

In 2003, there was one infant death in Sussex County.

**Infant Deaths (Under One Year of Age)
Number of Cases in the Crater Health District 1997-2003**



There was not a significant change in the number of infant deaths in Sussex County between 1997 and 2003.

Infant mortality, or the death of a child before his or her first birthday, is associated with a variety of factors such as the health of the mother, access to medical care, and socioeconomic conditions. Some ways to prevent infant deaths include: women in their reproductive years (including those who are pregnant or between pregnancies) eating a folate-rich diet; making sure infants sleep on their back; and reducing stress at home and work.

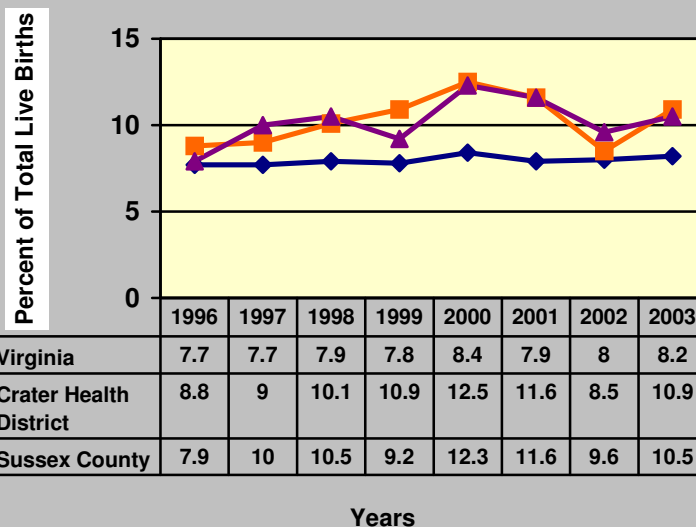
Low Weight Births

Low Weight Live Births (Under 2500 Grams), Number of Cases in Sussex County, Virginia, 1996 - 2003



Since 1996, the percentage of low weight births in Sussex Co. has been higher than the state as a whole. In 2000, the county had its highest number of cases and highest percentage in the last 5 years.

Low Weight Live Births (Under 2500 Grams), Percent of Total Live Births by Place of Residence, Sussex County, Virginia, 1996 - 2003



Low-birthweight babies have a higher risk of getting sick and dying during infancy and childhood. Women who smoke, drink alcohol, and use drugs while pregnant, and who don't get adequate medical care are at risk of having a low-birthweight baby.

In 2001 (the most recent year for which national data is available), 6.7 percent of U.S. live births were under 2500 grams (or about 5.5 pounds).

Low Weight Births / Infant Mortality

Crater Health District Programs

Maternal and Child Health Nutrition

- Registered Dietician is available for counseling at the Sussex Health Department maternity clinic.
- R.D. counsels all prenatal clients attending maternity clinic about the importance of healthy eating during pregnancy.
- Pregnant women who are overweight or underweight and/or have inadequate weight gain are targeted for intensive nutritional counseling and follow up on a more frequent basis.
- Nutritionist helps eligible clients complete the Women, Infants, and Children (WIC) program certification.

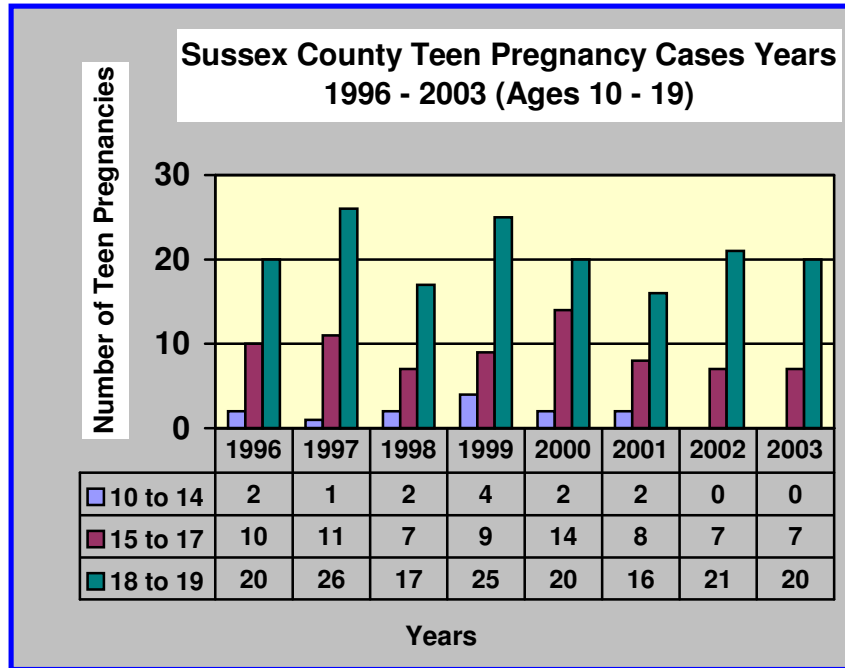
Women, Infants, and Children Supplemental Feeding Program

- Provides supplemental food to children from birth to age 5 years and to pregnant and breast-feeding women.
- Eligibility is based on financial need as well as medical and/or nutritional need.

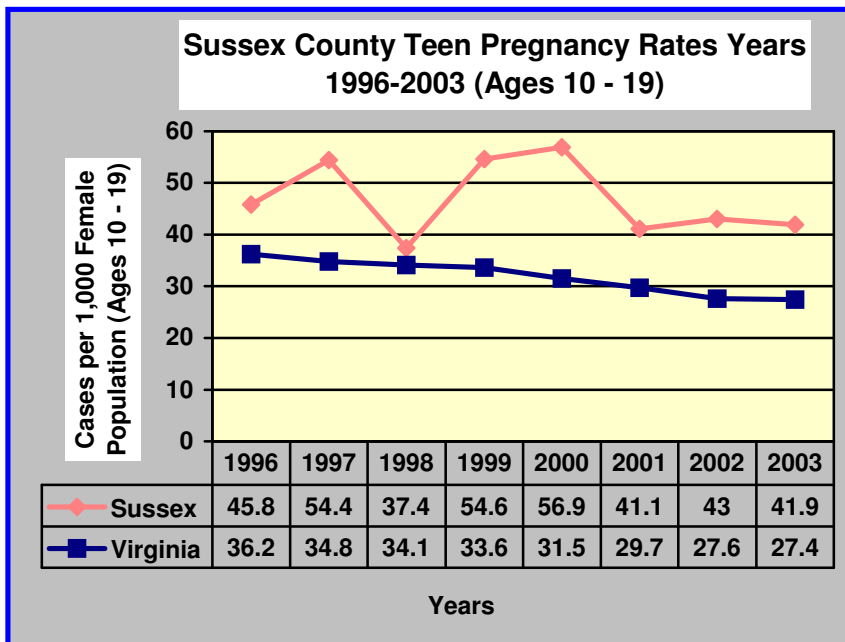
Sussex Health Department

- Provides comprehensive prenatal care including periodic physical exams, lab testing, assessment of weight and blood pressure, and nutritional counseling.

Teen Pregnancy



There was not a significant change in the total number of teen pregnancies in Sussex County between 1996 and 2003. However, there was a decline in pregnancies in the 10-14 and 15-17 year-old age groups during that period.



Sussex County's total teen pregnancy rate has declined slightly since peaking in 2000. During the years 1996 – 2002, (except for 1998), the county's rate was approximately 40% higher than Virginia's.

Pregnant teens often do not get adequate medical care, which can result in health problems for themselves and their babies. Babies born to teen mothers are at high risk for having a low birth weight and being victims of abuse and neglect.

***Crater Health District -Teen Pregnancy
Year 2003***

Ranked by Rates- Highest to Lowest

Locality	Cases	Rate / 1,000 Females Age 10-19
Petersburg	201	87.1
Hopewell	95	61.6
Emporia	23	56.4
Sussex County	27	41.9
Dinwiddie County	43	25.3
Greensville County	14	23.2
Prince George County	58	21.3
Surry County	10	19.2
Crater Health District	471	45.0
Virginia	13,665	27.4

In 2003, Sussex County had the fourth highest teen pregnancy rate in the Crater District.

Teen Pregnancy

Crater Health District Programs

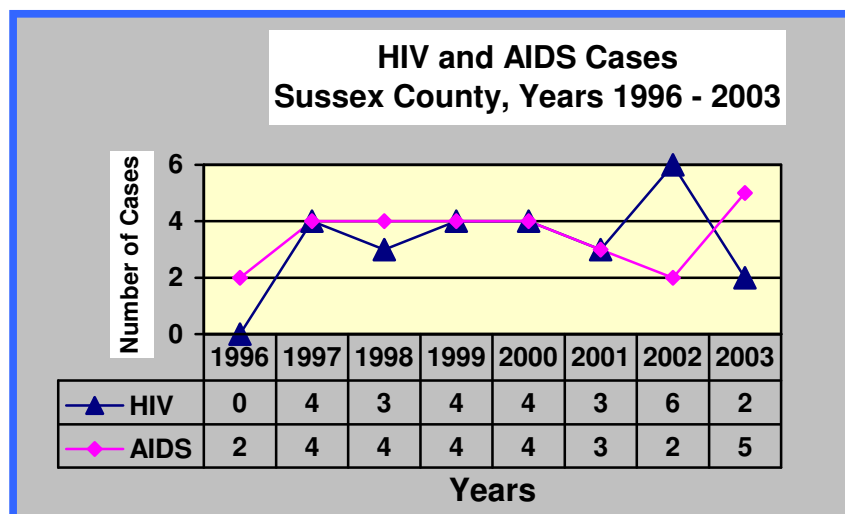
Family Planning

- Provides physical examinations, and counseling regarding methods of birth control and sexual responsibility.
- Provides counseling to minors regarding sexual coercion, abstinence, and parental involvement in decision-making.
- Provides birth control method of choice.
- Services are by appointment. Charges for services are on a sliding scale fee basis. Minors (under age 18) may be eligible for free services.

Teen Pregnancy Prevention Program

Acts as fiscal agent for funds from Virginia Department of Health targeting programs to reduce teen pregnancy rates. Collaborates with community coalitions, agencies and groups to promote abstinence as a primary means of delayed parenthood.

HIV, AIDS, and Other Sexually Transmitted Diseases



There was not a significant change in the number of HIV or AIDS cases in Sussex County between 1996 and 2003.

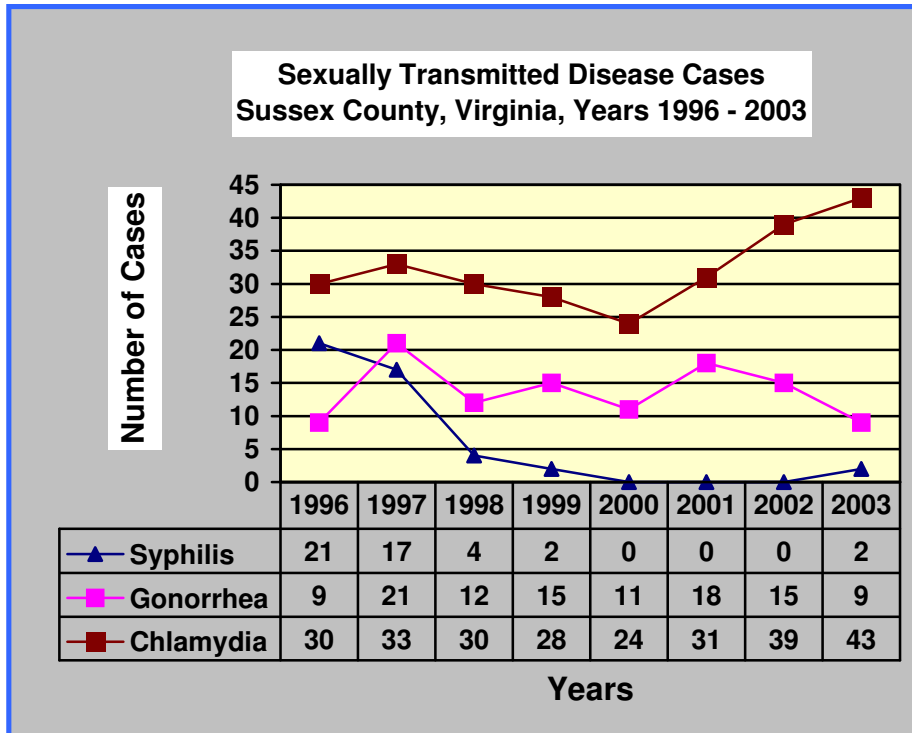
The number of reported HIV cases in Sussex County is too small for rate comparisons with other localities.

In 2003, the Crater Health District recorded some of the highest rates of sexually transmitted diseases (STDs) in the Commonwealth. Of the 35 health districts in Virginia, Crater's rate per 100,000 people ranked in the top ten for HIV, AIDS, syphilis, gonorrhea, and chlamydia. The table below shows the Crater District's ranking for 2003.

Crater Health District Rankings Sexually Transmitted Disease Rates* Year 2003

Disease	<u>Rate/100,000 people</u>	<u>District Ranking (35 districts)</u>
HIV	26.5	6th
AIDS	25.8	4th
Syphilis	15.2	7th
Gonorrhea	218.7	9th
Chlamydia	476.6	8th

Sexually Transmitted Diseases



There was a sharp decline in the number of reported syphilis cases in Sussex County between 1996 and 2003. The number of reported gonorrhea and chlamydia cases stayed at about the same level during that period.

STD Rates (per 100,000 people) Year 2003

	Sussex Co.	Virginia
Gonorrhea	75.2	122.6
Chlamydia	359.6	263.1

In 2003, Sussex County's chlamydia rate was about 100 percentage points higher than Virginia's.

HIV, AIDS, and Other Sexually Transmitted Diseases

Crater Health District Programs

Minority HIV/AIDS Prevention Education

- Goals: To eliminate high-risk behaviors through awareness and education activities. To encourage collaboration between communities and agencies in order to provide support, resources, referrals, and information to assist individuals infected and affected by HIV and AIDS.
- Collaborates with the Minority Health Consortium, a community based organization that conducts street outreach to high-risk groups, and plans education and awareness activities for World AIDS Day, National HIV Testing Day, and National Black HIV Awareness Day.

Sussex Health Department

- Provides free confidential HIV diagnostic testing and counseling.
- Provides diagnosis and treatment of other STDS.
- Provides education and counseling aimed at the prevention and spread of diseases.

Environmental Health

Infectious Diseases (1996-2002)	Cases Reported
E. Coli	0
Salmonellosis	9
Shigellosis	2

Prevention of these diseases is linked to having clean water, and proper hygiene and food handling.

National air quality standards met by county*(2003)

Carbon Monoxide	Nitrogen Dioxide	Sulfur Dioxide	Ozone	Particulate Matter	Lead
Yes	Yes	Yes	Yes	Yes	Yes

* Virginia Department of Environmental Quality

Lead – Elevated Levels in Children
Number of Cases (1996-2003) 9

Virginia law requires reporting to the health department any child age 15 years and younger, with a venous blood lead level greater than 10 micrograms per deciliter (µg/dL).

**Rabies in Animals – Ranked by Total
Confirmed Cases
Highest to Lowest (1996-2003)**

Prince George County	33
Dinwiddie County	23
Sussex County	18
Greensville County / Emporia	17
City of Hopewell	12
City of Petersburg	9
Surry County	6
Crater Health District	118
Virginia	4,642

Sussex County averaged two confirmed cases of animal rabies per year, between 1996 and 2003.

Environmental Health Services

The Sussex County Health Department conducts regular inspections and complaint investigations of all types of food service establishments. Staff also conduct food manager certification courses and basic food safety courses.

Other important services include:

Participation in sheltering/disaster operations

West Nile virus prevention

Well and septic tank inspections and permits

Soil evaluations/inspection

Rabies prevention, including:

- Specimen collection for testing.
- Animal bite investigations/management

Motel/hotel inspections- swimming pool inspections

Health hazard and general environmental complaint investigation

Services Provided in 2004	
Well and Septic System Applications	68
On-site Visits	189
Soil Evaluations	79
Permits	57
Food Inspections	45
Temporary Food Inspections	5
Animal Rabies Program Visits	93
Migrant Camp Inspections	13

Leading Causes of Death
Sussex County
2003

Cause	Number	Rate*	VA Rate*
Heart Disease	37	309.5	198.9
Cancer	33	276.0	185.4
Stroke	12	100.4	53.0
Unintentional Injury	7	58.5	34.6
Chronic Lower Respiratory Disease	6	50.2	40.2
Diabetes	6	50.2	21.4
Septicemia	5	41.8	17.2
Alzheimer's Disease	5	41.8	19.8
Suicide	3	25.1	10.8
Chronic Liver Disease	2	16.7	8.1
Homicide and Legal Intervention	2	16.7	6.2
Influenza / Pneumonia	1	8.4	20.8
Kidney Disease	1	8.4	16.7

*age-adjusted rates per 100,000 population

The top three killers in Sussex County in 2003 were the same as those for the entire U.S.- heart disease, cancer, and stroke. The risk of dying from these diseases can be lowered through lifestyle choices such as not smoking, eating a low-fat diet, and engaging in regular physical activity. The county's fourth leading cause of death was unintentional injuries. Since deaths from injuries often occur among people under the age of 45, they result in the loss of many years of potential productive life. Motor vehicle crashes are the leading cause of fatal injuries in Virginia and the U.S.

Cardiovascular Risk Reduction Program

- Conducts cardiovascular disease (CVD) risk screenings at worksites, churches, and community events through out the county.
- Conducts CVD risk assessments, screenings, and follow-up counseling for employees of Georgia – Pacific plants in Jarratt and Wakefield.
- Counsels at-risk individuals regarding healthy lifestyle choices that may lower their risk of CVD.
- Conducts annual health fair in partnership with the Community Health Center at Stony Creek. Provides free screenings, follow-up activities and informational displays.
- Provides blood pressure measurement certification courses for health care providers and volunteer BP screeners.
- Develops, implements, and monitors health “challenges” for local worksites.
- Conducts periodic CVD needs assessments

Nutrition

The 5-A-Day for Better Health Program is promoted district-wide. Interactive nutrition displays to encourage participants to eat 5 or more servings of fruits and vegetables are provided at local health fairs, health departments, and schools. The focus is on literature and activities for all age groups. Information is also provided to community organizations upon request.

Hospital Discharges

(Ambulatory Sensitive Conditions)
Sussex County, Year 2000
(2003 report pending as of 12/20/04)

Condition	Number	Rate*	VA Rate*
Psychoses	126	1249.4	501.9
Diabetes	33	327.3	157.3
Asthma	24	238.1	123.6
Hypertension	7	69.4	22.8
Extreme Prematurity / Respiratory Distress Syndrome	1	9.9	6.51

*hospital discharges per 100,000 population

Definitions

Ambulatory Sensitive Conditions- conditions that can be prevented with consistent, available ambulatory care and good patient compliance with treatment/self-care protocols. Hospital admissions may indicate access issues (e.g. lack of insurance), or few options for service, or the presence of social issues that can influence patient adherence (e.g. homelessness, inconsistent caregivers).

Asthma- a chronic, potentially life-threatening disease of the lungs, most often seen in children and young adults.

Hypertension- also called high blood pressure, it directly increases the risk of coronary heart disease (which leads to heart attack) and stroke, especially along with other risk factors.

Diabetes- a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches, and other food into energy.

Psychoses- any one of a number of mental disorders without a clearly defined physical cause or structural change in the brain. Characterized by abnormal and /or antisocial behavior.

Extreme Prematurity / RDS- severe breathing impairment of premature newborns due to underdevelopment of the lungs. The leading cause of death of premature infants in the U.S.

Sussex County Health Department Services

**Newsome Human Services Building
20103 Princeton Road
Sussex, Virginia 23884
Telephone: (434) 246-8611 Fax: (434) 246-8610
<http://www.vdh.state.va.us/LHD/crater/sussex.asp>**

Childhood Immunizations

- Walk-in clinics are held every Monday- call for specific times.
- There is no charge for routine childhood immunizations.
- Parent or guardian must accompany children under age 18.
- Must bring history/record of immunizations.
- Surry County Health Department follows the schedule of immunizations recommended by the Centers for Disease Control and Prevention (CDC).

Special school based immunization clinics are provided periodically.

Childhood Lead Poisoning

- Children under six years of age who are at risk of lead poisoning are referred to their primary care provider for lead testing.
- A health educator offers case management and educational services to families of children with elevated lead levels.

Communicable Disease

- Food-borne illness investigations.
- Vaccine preventable disease investigations.
- Tuberculosis screening and tuberculin skin testing.
- Tuberculosis treatment and follow-up including directly observed medication therapy in the patient' s home.
- Tuberculosis contact investigations.
- Education for individuals and the community.
- Disease specific counseling.
- Community resource referrals.

Sexually Transmitted Disease Services (STD)

- Medical services including diagnosis and treatment.
- Education and counseling.

HIV Services

- Free confidential testing and counseling.
- Anonymous testing sites can be accessed by calling the Virginia Department of Health and AIDS Hotline at 1-800-533-4148. Free anonymous testing is available in Petersburg by appointment only (804) 732-7261.

Medication assistance for protease inhibitors, antiretrovirals etc., is available based on eligibility criteria through the AIDS Drug Assistance Program (ADAP) administered by the Virginia Department of Health.

Crater Child Development Clinic

(2002 Wakefield Ave., Petersburg, VA 23805)

The Crater Child Development Clinic is operated to serve children, from birth to 21 years, suspected of having problems such as:

- Developmental delays.
- Developmental disorders associated with sensory or physical disabilities.
- Disorders of attention and hyperactivity.
- Learning problems.
- Emotional and behavioral concerns.
- Mental retardation.

Services are available by appointment (804) 862-6186.

Family Planning

Provides physical examinations, counseling regarding methods of birth control, sexual responsibility, risk reduction and prevention for sexually transmitted diseases (STDs) and AIDS. Instruction on breast self exams. Birth control method of choice is provided. Persons under 18 may be eligible for free services.

Environmental Health Services

Restaurant inspections and permits.

- Includes food service establishments, schools, temporary food events, child care centers, summer camps, adult homes and nursing homes.
- Complaint investigation.

Food manager certification courses.

Basic food safety courses.

Well and septic tank inspections and permits.

- Permitting (Well fee - \$77.50 / Septic fee - \$112.50).
- Soil evaluations/inspection.

Rabies prevention.

- Specimen collection for testing.
- Animal bite investigations/management.

Motel/Hotel inspections--swimming pool inspections.

Health hazard and general environmental complaint investigation.

Vital Records

Provides information and forms to utilize in securing birth certificates and establishments of paternity. Issues death certificates for all deaths occurring in the county. Death certificates cost **\$12** per certified copy.

Birth certificates can be obtained through the [Office of Vital Records](#) in Richmond. There is a **\$12** charge per copy.

Health Promotion/Community Outreach

Cardiovascular Risk Reduction Program

Provides health screenings (including blood pressure and cholesterol) in the community or at worksites to help assess an individual's coronary risk status. Educational programs that focus on changing lifestyle behaviors are an important component of the program.

Breast/Cervical Cancer Awareness Program

- Promotion of early detection.
- Group education programs.
- Health fairs.

Community Activities

- Health education/public awareness programs.
- School based health information/education programs.
- Health fairs.

Nursing Home Screening

- Preadmission screening process for individuals seeking Medicaid coverage of long term care services. Requests for screenings need to be made through the Department of Social Services.
- In home assessment by a registered nurse and a social worker.
- Identification of local community resources.